DESSERTS

CAKES

BUTTERFINGER CAKE (*)

1 pkg. chocolate cake mix
3 Butterfinger candy bars
1 ctn. Cool Whip
1 can condensed milk
1 jar caramel ice cream topping

Mix cake according to instructions on box adding one crushed Butterfinger. Bake per instructions on cake mix box in a 9 x 13 inch cake pan. After cake is done take a spoon or knife and poke holes in the cake. Pour condensed milk over the cake, then pour caramel topping over milk. Crush one Butterfinger and sprinkle over caramel topping and put cake in the freezer or refrigerator to cool. After cooled cover with Cool Whip; crush and sprinkling remaining Butterfinger over Cool Whip. If desired drizzle caramel on top.

Katy Gwin

CARROT CAKE

4 eggs, beaten
2 c. sugar (add a little at a time)
2 c. flour
2 tsp. soda
1½ c. oil
3 c. shredded carrots
1 Tbsp. cinnamon
1 c. pecans, chopped
1 (8 ounce) package cream cheese, softened
1 stick butter, softened
1 box powdered sugar
1 tsp. vanilla

Mix together eggs, sugar, flour, soda, oil, carrots, cinnamon and pecans. Pour into a greased and floured rectangular pan or a Bundt pan. Bake at 350 degrees; rectangular pan for about 30 minutes or 1 hour for a Bundt pan. Let cool. Mix cream cheese, butter, powdered sugar and vanilla together until smooth. Spread over top of cooked cake.

Debbie Hale

CHEESECAKE CUPCAKES

3 (8 ounce) packages cream cheese, softened
4 eggs
1 c. sugar
1 tsp. vanilla
16 vanilla wafers

Combine cream cheese, eggs, sugar and vanilla. Mix until smooth. Place a wafer into the bottom of each muffin cup. Fill each cup with cream cheese mixture. Bake 20 minutes. Let cool and refrigerate. Delicious and great for children.

Nancy Cowan

CHERRY CAKE

2 c. sugar
1 c. shortening
2 tsp. cinnamon
1 (10 ounce) bottle cherries, cut in half
2 c. water, part cherry juice
2 tsp. cloves
2 c. raisins
2 tsp. baking soda
3 c. flour
1 c. chopped nuts

Cut cherries in half, drain off juice but save and add water to make 2 cups. Place in boiler and mix with sugar, shortening, cinnamon, cloves and raisins. Bring to a boil. Let cool and add baking soda, flour and nuts. Bake in a lightly greased and floured tube pan in a slow oven (325 degrees) for about 1½ hour.

Ressie Tumlison

CHOCOLATE AMARETTO CAKE (*)

2 c. nuts
1⅓ c. water or amaretto
1 German Chocolate cake mix
⅓ c. oil
3 eggs, room temperature
1 stick butter
1 box powdered sugar
1 (8 ounce) package cream cheese

Spread nuts in the bottom of a 9 x 13 inch pan. Combine cake mix, water or amaretto, oil and eggs (one at a time). Don't over beat. Pour over nuts. Melt butter, cream cheese and powdered sugar slightly in microwave. Pour over cake and bake 35 to 40 minutes at 350 degrees.

Chris Mhoon

CHOCOLATE SHEET CAKE (*)

Cake:

2 c. sugar
2 c. flour
3½ Tbsp. cocoa
1 stick butter
1 c. water
½ c. oil
½ c. buttermilk
1 tsp. baking soda, mixed into buttermilk
2 eggs
1 tsp. vanilla

Combine sugar, flour and cocoa in a large mixing bowl. Melt butter and combine it with oil and water, mixing well. Beat wet and dry mixes together for 2 minutes. Add buttermilk with soda, eggs and vanilla. Pour into a greased sheet pan and bake for 20 minutes at 400 degrees.

Icing:

1 stick butter
3½ Tbsp. cocoa
6 Tbsp. milk
1 tsp. vanilla
1 box powdered sugar

Combine butter, cocoa and milk in a saucepan. Bring to a boil and remove from heat. Add vanilla and beat in powdered sugar. Pour over hot cake.

Pat Thompson

EGGLESS CAKE WITH PEANUT BUTTER

Cake:

1½ c. sugar
1⅓ c. hot water
½ cup butter
1 c. raisins
pinch of salt
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. allspice
½ tsp. cloves
1 tsp. soda
3 c. flour

In a sauce pan mix together ⅔ cup water, sugar, butter, raisins, salt, nutmeg, cinnamon, allspice and cloves. Boil for 3 minutes and let cool. When cool add remaining hot water with soda and flour to make batter. Bake in layers.

Icing:

1½ c. peanut butter
⅔ c. sweet milk
½ c. sugar

Boil all ingredients together until thick. Cool and spread on layers as you stack the cake.

This is an old recipe that came from the Portland Cook Book that was in use when I was a teenager. It was a Christmas favorite for our family.

Mary Tumlison & Geraldine Parkerson

FRESH APPLE CAKE

2 c. fresh apples, chopped
1 c. sugar
1½ c. flour
½ c. oil
1 egg, beaten
1 c. chopped nuts
1 tsp. soda
¼ tsp. salt
½ tsp. allspice
½ tsp. nutmeg
½ c. raisins, optional

Mix together apples and sugar. Let stand for 20 minutes. Add egg, oil, nuts and raisins. Sift together flour, soda, salt, allspice and nutmeg. Add to apple mixture. Beat thoroughly. Bake in loaf or tube pan about 1 hour at 350 degrees.

Geraldine Parkerson
Sue Nolan

GERMAN CHOCOLATE CAKE (*)

Cake:

1 (4 ounce) package German sweet chocolate
½ c. boiling water
1 c. butter, softened
2 c. sugar
4 egg yolks
1 tsp. vanilla
2¼ c. all purpose flour, sifted
1 tsp. baking soda
½ tsp. salt
1 c. buttermilk
4 egg whites, stiffly beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add yolks, 1 at a time, beating well after each. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten whites. Pour into three 9 inch layer pans, lined on bottoms with paper, wax paper works well. Bake at 350 degrees for 30 to 35 minutes. Put aside to cool.

Icing:

1 c. evaporated milk
1 c. sugar
3 egg yolks, slightly beaten
½ c. butter
1 tsp. vanilla
1⅓ c. flake coconut
1 c. pecans, chopped

Combine milk, sugar, egg yolks, butter and vanilla. Cook and stir over medium heat until thickened, about 12 minutes. Add coconut and pecans. Cool until thick enough to spread, beating occasionally. Spread over tops of layers only.

Mary Tumlison

ICE BOX FRUIT CAKE

1 pkg. dates
1 large bottle cherries, drained
1½ c. pecans
1 can Eagle Brand milk
1 pkg. graham cracker crumbs

Chop dates and cut cherries in half. Mix in pecans and milk. Add crumbs, reserving some. Mix well, roll into a long roll. Roll in remaining crumbs. Wrap in foil and put in refrigerator.

Sharon Ritchey

ITALIAN CREAM CAKE (*)

Cake:

1 stick butter, softened
½ c. shortening, room temperature
2 c. sugar
5 eggs, separated
2 c. all purpose flour, sifted twice, measure then sift
1 tsp. baking soda
1 c. buttermilk
1 can flake coconut
1 c. pecans, chopped
1 tsp. vanilla extract
1 tsp. coconut flavoring

Separate eggs and beat egg whites until stiff; set aside. Cream butter and shortening, add sugar, a small amount at a time, creaming well after each addition. Add egg yolks, one at a time, beating after each. Dissolve soda in buttermilk; add alternately with flour. Beat well. Add coconut, nuts and extracts. Fold in stiffly beaten egg whites. Pour into three 9 inch cake pans that have been greased and floured, using 2 cups batter for each pan. Bake at 350 degrees for 25 minutes. Set aside to cool.

Frosting:

1 (8 ounce) package cream cheese, softened
½ c. butter, softened
1 box powdered sugar
1 tsp. vanilla
1 c. chopped nuts

Cream together sugar, butter and cream cheese with a mixer until fluffy. Fold in nuts and vanilla. Spread between layers and on top of cake.

Pat Thompson

JAM CAKE

Cake:

1 c. white sugar
1 c. brown sugar
1 c. butter
4 eggs
1 c. buttermilk
1 c. jam
1 c. nuts
3 c. flour
1 tsp. soda
1 tsp. allspice
1 tsp. cloves
1 tsp. cinnamon

Mix all ingredients together. Bake in cake pans in moderate oven (350 degrees) till done, about 20 minutes. Set aside to cool.

Filling:

1 c. dates, chopped
1 c. nuts
3 c. sugar
½ c. butter
1½ c. evaporated milk

Boil all ingredients together until thick. Cool and spread on cake layers.

Geraldine Parkerson

MASON JAR POUND CAKE

3 c. sugar
½ c. shortening, room temperature
2 sticks butter, not margarine, softened
6 eggs
3 c. plain flour
1 tsp. baking powder
½ tsp. salt
1 c. milk
1 tsp. vanilla flavoring
1 tsp. almond flavoring
1 tsp. coconut flavoring

Cream sugar, shortening and butter. Add eggs, one at a time. Beat one minute after adding each egg. Sift together flour, salt and baking powder. Sift three times. Add to first mixture, alternating with milk. Add flavoring. Spray five 1½ pint tapered, (Ball) wide mouth mason jars with cooking spray. Pour about ⅔ full (to the 400 mark.) Place all 5 jars on a large cookie sheet and bake in 300 to 325 degree oven for 45 minutes to 1 hour. When done, wipe rim clean and seal tight. Tops will pop to seal after a while. Keeps up to one year.

Great as gifts. Cover the top of the jar with fabric or a lace doily and tie with ribbon. I have also used my strawberry bread recipe when making mason jar cakes.

Nancy Cowan

PIG EATIN' CAKE

Cake:

1 box Duncan Hines Butter Cake Mix
1 can Mandarin oranges
½ c. oil
4 eggs (one at a time)
1 c. pecans

Mix cake mix, oranges, oil and eggs, one at a time. Mix well. Fold in pecans and bake in 3 layers at 325 degrees for 30 minutes or until done. Cool.

Icing:

1 large can crushed pineapple, drained
2 small packages instant vanilla pudding mix
9 ounces Cool Whip

Mix together and spread on cooled cake.

Jo Wallace

PINEAPPLE 7-UP CAKE (*)

Cake:

1 box pineapple cake mix
1 box instant pineapple pudding mix
½ c. oil
4 eggs
1 (10 ounce) bottle 7-Up Cola

Mix all ingredients. Beat with mixer according to directions on cake mix. Bake in 3 layers at 350 degrees for about 25 minutes.

Icing:

1½ c. sugar
2 eggs
1 stick butter
2 Tbsp. flour
1 large can crushed pineapple
1 can coconut, optional

Mix sugar, flour, eggs, butter and pineapple with juice in a sauce pan. Cook on medium heat until thick. Add coconut if desired. Spoon between layers and on top of cake.

Mary Ann Mormon

PINEAPPLE UPSIDE DOWN CAKE (*)

½ c. butter
1 (20 ounce) can sliced pineapple, drained
1 pkg. butter cake mix
1 c. packed brown sugar
Maraschino cherries

Heat oven to 350 degrees. Heat butter in a 13 x 9 x 2 inch rectangular pan or a large iron skillet in oven until butter is melted. Sprinkle brown sugar over butter. Arrange pineapple slices on brown sugar with cherries in the center of pineapple slices. Prepare cake mix according to package directions. Bake until cake springs back when touched lightly in center, about 45 to 55 minutes. Immediately invert cake onto serving platter.

Paula Ladd

POPPY SEED CAKE

Cake:

1 box yellow cake mix
½ c. sugar
¾ c. oil
4 eggs
1 small carton sour cream
1 Tbsp. butter flavoring
¼ c. poppy seed

Mix all ingredients together, beating with a mixer for 2 minutes. Bake in a well greased and floured Bundt pan at 350 degrees for 1 hour. Cool for 10 minutes and remove from pan onto cake plate.

Icing:

1 c. powdered sugar
2 Tbsp. milk or water

Mix together and dribble over cake.

Missy Brooks Hicks

SOCK-IT-TO-ME CAKE (*)

Cake:

1 box butter cake mix, divided
1 c. sour cream
¼ c. water
4 eggs
⅓ c. oil
¼ c. sugar
2 tsp. cinnamon
2 Tbsp. brown sugar

Preheat oven to 375 degrees. Grease and flour a 10 inch tube pan. In a small bowl, mix well, 2 tablespoons of dry cake mix, brown sugar and cinnamon to make a streusel filling. Set aside. In a large bowl combine remaining cake mix, eggs, sour cream, oil, water and sugar. Beat at medium speed with an electric mixer for 2 minutes. Pour two thirds of cake batter into tube pan. Sprinkle with streusel filling. Spoon remaining batter evenly over filling. Bake at 375 degrees for 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan for 25 minutes. Invert onto serving plate.

Glaze:

1 c. powdered sugar
1 to 2 Tbsp. milk

Mix together until smooth. Pour or dribble over cake.

Paula Ladd

STRAWBERRY CAKE

Cake:

1 white cake mix
1 small package strawberry Jell-O
½ c. oil
½ c. water
3 eggs
1 (10 ounce) package frozen strawberries, thawed

Blend cake mix and Jell-O; add oil and water. Beat for 2 minutes. Add eggs and beat for 5 minutes. Fold into batter all but ½ cup thawed strawberries. Pour into 3 prepared cake pans. Bake at 350 degrees for 15 or 20 minutes. Cool 10 minutes before frosting.

Frosting:

1 c. butter, softened
1 box powdered sugar
½ c. reserved strawberries
½ c. chopped pecans (optional)

Mix butter, powdered sugar, and strawberries together until smooth. Mix in nuts if desired. Put between layers and on top of cake.

Mary Tumlison

TWINKIE DELIGHT (*)

1 can strawberry pie filling
9 Twinkie cakes
1 pkg. cream cheese, softened
1 can condensed milk
1 ctn. Cool Whip
extra Cool Whip for topping

Slice Twinkies in half lengthwise and place in an ungreased 13 x 9 inch baking dish with cream up. In a bowl, beat cream cheese and condensed milk with an electric mixer until smooth. Fold in Cool Whip and spread over the Twinkies. Cover with strawberry filling and top with Cool Whip. Keep refrigerated.

Katy Gwin

DING DONG CAKE (*)

Cake:

1 Devil's Food cake mix
1 can milk chocolate frosting

Prepare cake mix according to box directions. Cook in three individual round cake pans. Set aside to cool.

Filling:

8 oz. cream cheese, softened
1 stick butter, softened
2 to 3 c. powdered sugar
16 oz. Cool Whip

In a mixing bowl cream together cream cheese, butter and powder sugar until smooth. Fold in Cool Whip and spread between cake layers. Warm frosting in microwave and frost cake. Refrigerate.

Katy Gwin

BIRTHDAY ICING (*)

3 c. powdered sugar
½ c. shortening
dash of salt
2½ Tbsp. water
½ tsp. vanilla
food coloring for desired color, optional

Combine sugar, shortening, salt, water and vanilla. Mix with an electric mixer at medium speed until well mixed. Add food coloring to make it the desired color.

Victoria Ladd

BANANA SPLIT PIE (*)

1 graham cracker crust
1 can condensed milk
¼ c. fresh lemon juice
1 small can crushed pineapple, drained
1 small carton Cool Whip
3 to 4 fresh bananas
⅛ c. pecans, chopped fine
7 maraschino cherries, patted dry

Slice bananas and place onto crust. Mix milk and lemon juice thoroughly. Add pineapple and ½ of Cool Whip. Pour mixture over bananas. Cover with remaining Cool Whip. Garnish with pecans and place cherries evenly.

Mary Ann Mormon

WILLIE AUSTIN'S BLACKBERRY COBBLER (*)

1 c. flour
⅓ c. Crisco shortening
¼ c. cold water
½ tsp. salt
1 qt. blackberries
2 sticks of butter
2 c. sugar
1 c. water

Sift flour into bowl, add salt and Crisco. Mix until it begins to crumble; add cold water and form into a ball. Divide the ball of dough into two equal parts. Put half of the blackberries into a 9" x 12" pan. Sprinkle 1 cup of sugar over berries and dot with one stick of butter. Sprinkle lightly with flour to add thickness to the juice. Roll out one half of your dough and cut into strips; lay the strips over the blackberries. Add the other half of the blackberries over the dough and repeat the procedure with the sugar and butter (Don't forget to sprinkle lightly with flour). Add the cup of water. Then roll the other one-half of the dough and place on top of the cobbler, securing the edges of dough to the pan. Cook at 350 degrees about 45 minutes.

Willie Austin

EASY BLACKBERRY COBBLER (*)

1 qt. blackberries
1 stick butter
1 c. sugar
⅓ c. water
2 unbaked roll out pie crust

Place 1 pie crust, whole or cut into strips, in the bottom of a 2 quart casserole dish. Pour berries on top of crust. Slice butter and place randomly over berries. Add sugar evenly and pour water over sugar. Top with remaining crust, whole or cut into strips. Bake at 300 degrees for about 1½ hour. Serve alone or put ice cream on top. This recipe can be made with peaches too. Just use a large can of peaches, drained or fresh peaches.

Mary Ann Mormon

BUTTERMILK PIE (*)

½ c. plain flour
3¾ c. sugar
1 tsp. salt
1 c. butter, melted
6 eggs, beaten
1 c. buttermilk
1 Tbsp. vanilla
2 unbaked pie crust

Mix flour, sugar and salt. Add butter, eggs, buttermilk and vanilla. Mix well. Pour into pie shells and bake at 350 degrees for 30 minutes or until center is still a little shaky.

Paula Ladd

CHOCOLATE PIE

1 c. sugar
3 Tbsp. flour, sifted
2 Tbsp. cocoa
dash of salt
3 eggs, separated
1½ c. milk
1 tsp. vanilla
cooked pie crust

In top of double boiler, mix sugar and sifted flour together, add cocoa and salt. Mix well. Add small amount of milk to dissolve any lumps. Add egg yolks and remaining milk and cook over medium heat in double boiler until it thickens, stirring often to prevent lumping. Add vanilla. Pour in cooked pie crust. Top with meringue made from the reserved 3 egg whites. Add 3 tablespoons sugar and whip until stiff. (Adding a pinch of baking powder to mixture before beating makes a fluffy topping.) Bake at 450 degrees until lightly browned. (Watch carefully, it will burn easily)

When my children were small, I always reserved some of the filling for pudding. Sometimes I made miniature pie shells from left over dough and filled them with the pudding but left off the meringue. They were quite offended by the meringue!

Mary Tumlison

COCONUT PIE

¾ c. sugar
⅓ c. flour
3 eggs, separated
2 c. sweet milk
1 heaping cup coconut
1 tsp. vanilla
cooked pie crust

In top of double boiler, mix sugar, flour, milk, slightly beaten egg yolks and coconut. Cook over medium heat until thick, stirring often to prevent lumping. Add vanilla. Pour into cooked pie crust. Top with meringue made as follows; add 3 tablespoons sugar to the reserved egg whites and beat until stiff. (A pinch of baking powder added to mixture before beating makes a fluffy topping.) Spread on top of pie and bake at 450 degrees until lightly browned. (You can also sprinkle with a small amount of loose coconut before you brown.) (Watch closely, it will burn easily)

Mary Tumlison

FRENCH SILK PIE

15 soda crackers, crumbled
2 c. sugar
3 egg whites, beaten
1 c. chopped nuts
1 tsp. vanilla
¾ c. butter (not margarine), softened
3 squares unsweetened chocolate, melted and cooled
1½ tsp. vanilla
3 eggs

To make crust, preheat oven to 325 degrees. In a medium bowl, beat egg whites until stiff. Fold in 1 cup sugar, crackers, vanilla and nuts. Spoon mixture into a greased 9 inch pie pan. Bake for 25 to 30 minutes. Set aside to cool. To make filling, melt chocolate and cool. Cream remaining sugar and butter until fluffy. Stir in cooled chocolate and vanilla. Add eggs, one at a time beating with electric mixer on medium speed. Scrape sides often. Turn into cool pie shell. Chill several hours or overnight. Garnish with whipped cream and chocolate curls.

Nancy Cowan

FRIED APPLE PIES

Apple Sauce:

2 qt. apples, peeled and quartered
3 c. water
salt
4 c. sugar (or to your taste)

Lightly salt apples and put in a large pan with water, cover and cook until apples are tender. Mash with potato masher until at a sauce consistency. Add sugar to taste. Cook on low heat until thick. Put in jar and seal.

Pastry:

½ c. buttermilk
⅛ tsp. soda
¼ tsp. baking powder
1 tsp. salt
⅓ c. Crisco shortening
1 c. flour

Mix together buttermilk, soda, baking powder and salt. In a separate bowl cream shortening and flour. Add milk mixture. This forms a soft dough. Divide into small pie pieces, (About 6 inches diameter when rolled out.) Roll out on floured surface. Add apple sauce to 1 side of each pastry and fold over, pinching edges together. Fry in 350 degree electric skillet. This is Maysel's recipe. Don't be afraid to try it. It's a treasure because it is easy to handle and perfect for frying.

Mary Tumlison

FROZEN PEANUT BUTTER PIE (*)

1½ c. peanut butter
1 (8 ounce) package of cream cheese, softened
1½ c. powdered sugar
1 (16 ounce) container of Cool Whip
chocolate syrup as topping (optional)
graham cracker crust

Cream together peanut butter, cream cheese, powdered sugar and Cool Whip. Pour into pie crust. Put in freezer until time to serve. KEEP IN FREEZER! Can put chocolate syrup on each piece when served, if desired.

Lauren Gwin

ICE BOX CHOCOLATE PIE

1 c. flour
1 stick butter, softened
1 c. chopped nuts
1 (8 ounce) package cream cheese, softened
1 c. powdered sugar (more if you want it sweeter)
1 c. Cool Whip
1 (3 ounce) package instant chocolate pudding
1 (3 ounce) package instant vanilla pudding
3 c. milk
1 tsp. vanilla

To make crust mix together flour, butter and nuts. Press into a 9 x 13 inch (or smaller) pan. Bake 20 minutes at 350 degrees. Put aside and cool. Mix cream cheese, Cool Whip and powdered sugar together and spread over cooled crust. Mix puddings, milk and vanilla until thick. Pour over cream cheese. Top with Cool Whip. Garnish with grated chocolate. Chill.

Sharon Ritchey

KARO NUT PIE

1 lump of butter, softened (about 1 tablespoon)
¾ c. sugar
3 eggs, well beaten
1 c. Karo syrup (dark)
1 c. pecans

Cream butter and sugar. Beat in eggs and syrup. Add pecans and pour into uncooked pie shell. Bake at 350 degrees until set.

This was originally Mama Austin's recipe.

Marilyn Hale

SPLENDA PEANUT BUTTER PIE (*)

½ c. sugar
½ c. Splenda
3 eggs
½ c. corn syrup
1 Tbsp. cornstarch dissolved in 2 tablespoons water
1 c. peanut butter
1 tsp. vanilla
1 unbaked pie crust

Mix all ingredients well and pour into pie crust. Bake at 350 degrees for 1 hour.

Mary Ann Mormon

STRAWBERRY PIE

1¼ c. sugar
1 c. water
1 baked pie shell
1 pt. fresh strawberries, cleaned
3 Tbsp. corn starch
1 (3 ounce) package Strawberry Jell-O

Sprinkle ¼ cup of sugar over strawberries and set aside. Mix 1 cup sugar, water and cornstarch. Cook until clear. Add Jell-O and mix well. Put strawberries into pie crust. Pour Jell-O glaze over strawberries. Chill. Serve topped with Cool Whip, whipped cream or just plain. Must be refrigerated.

This was a favorite of mine when I was in high school. Lydia Kelly served it at Kelly's Cafe' in Portland.

Nancy Cowan
Mary Tumlison

SWEET POTATO PIE (*)

1 c. cooked sweet potatoes (mashed)
½ stick of butter, softened
1¾ c. sugar
1 tsp. vanilla
1 tsp. baking powder
Pet milk to make runny
1 unbaked pie crust

Mix together, potatoes, butter, sugar, vanilla, baking powder and pet milk. Bake at 325 degrees for about 1 hour.

Mary Ann Mormon

CHOCOLATE OATMEAL PIE (*)

2 eggs
1 c. sugar
¼ tsp. salt
½ c. melted butter
⅔ c. uncooked oats
1 tsp. vanilla
2 Tbsp. cocoa
1 uncooked pie crust

Combine eggs, sugar, salt, cocoa, butter and vanilla. Mix well. Stir in oats and pour into pie shell. Bake at 300 degrees for 45 to 55 minutes. Pie is better when eaten at room temperature.

Mary Ann Mormon

QUICK PEACH COBBLER (*)

1 stick butter
1 large can sliced peaches
1 c. sugar
¾ c. flour
3 tsp. baking powder
1 c. milk

Melt butter in a baking dish. In a mixing bowl mix peaches and sugar. In another bowl mix flour, baking powder and milk stirring until smooth. Pour batter over melted butter then peaches and sugar mixture. DO NOT STIR! Bake at 350 degrees for 1 hour. You can use other fruits or berries with this recipe.

Pat Thompson

PERFECT APPLE PIE (*)

2 ready to bake pie crusts
6 c. apples, peeled and sliced thin
¾ c. sugar
¾ tsp. cinnamon
¼ tsp. salt
⅛ tsp. nutmeg
1 Tbsp. lemon juice
2 Tbsp. flour

Prepare pie crust according to package directions for two-crust pie. Heat oven to 425 degrees. In a large bowl, combine apples, sugar, flour, cinnamon, salt, nutmeg and lemon juice. Mix lightly. Spoon into pie crust lined pan. Top with second crust and cut slits in several places. Bake at 425 degrees for 40 to 45 minutes or until apples are tender and crust is golden brown.

Pat Thompson

GRAN'S PECAN PIE (*)

1 c. light corn syrup, Karo
1 c. sugar
¼ stick butter
4 eggs, beaten well
1 Tbsp. lemon juice
2 tsp. salt
1 c. chopped pecans
8 or 9 inch unbaked pie shell

Preheat oven to 425 degrees. In a saucepan bring to a rolling boil, butter, sugar and syrup. Cook until golden brown. Set aside to cool. In a mixing bowl mix eggs, lemon juice, salt and pecans. Add cooled butter mixture and mix well. Pour into pie shell and bake at 425 degrees for 10 minutes. Reduce heat to 325 degrees and continue to bake for 45 minutes until set firm.

This recipe was my Grandmother Charlene Wilson's recipe whom I loved dearly.

Katy Gwin

CHOCOLATE BROWNIES

½ c. shortening
2 squares chocolate
1 c. sugar
2 eggs, well beaten
⅔ c. flour
1 tsp. baking powder
¼ tsp. salt
½ c. nuts
½ tsp. vanilla

On medium heat melt shortening, chocolate and sugar together. Remove from heat and set aside. In a large mixing bowl sift together flour, baking powder and salt. Add eggs and melted chocolate mixture. Mix well. Fold in nuts and vanilla. Pour into a greased pan and bake 30 minutes at 350 degrees. Cool and cut into 2 inch squares.

Sue Nolan

CHOCOLATE-CARAMEL SQUARES

1 (14 ounce) bag caramels
⅔ c. evaporated milk, divided
1 (18½ ounce) package German chocolate cake mix
¾ c. butter, softened
1 c. chopped nuts
1 (6 ounce) package semi-sweet chocolate morsels

Combine caramels and ⅓ cup evaporated milk in a microwave safe bowl. Microwave on high for 12 minutes; stirring every 4 minutes. Combine cake mix, remaining milk and butter. Mix with electric mixer until dough holds together. Press half of cake mixture into a greased 9 x 13 x 2 inch baking pan. Bake at 350 degrees for 6 minutes. Sprinkle chocolate morsels and nuts over crust. Pour caramels mixture over nuts and morsels. Crumble remaining cake mixture over caramels. Bake at 350 degrees for 18 minutes.

Linda Gilliam, Linda Tucker

CHOCOLATE CHIP COOKIES (*)

1¼ c. all purpose flour
½ tsp. baking soda
½ c. sugar
1 egg
1 (6 ounce) package semisweet chocolate chips
¼ tsp. salt
½ c. (1 stick) butter, softened
⅓ c. brown sugar, firmly packed
½ tsp. vanilla

Heat oven to 375 degrees. In a small bowl, combine flour, salt and soda. Set aside. Cream butter and sugars. Beat in egg and vanilla. Gradually add flour mixture. Stir in chocolate chips. Drop on lightly greased cookie sheet with teaspoon. Bake for 10 to 12 minutes. Makes about 2 dozen cookies.

Victoria Ladd

COWBOY CORNFLAKE COOKIES (*)

1 c. Karo white corn syrup
1 c. sugar
½ tsp. vanilla
1 c. peanut butter, plain or crunchy
6 c. corn flakes

Bring to a boil syrup and sugar. Remove from heat and add vanilla and peanut butter. Mix well. Pour over corn flakes. Stir until all flakes are covered. Spoon onto wax paper to cool.

Mary Tumlison

FRUIT CAKE COOKIES

6 c. chopped nuts
1 lb. dates, cut into small pieces
1 lb. candied cherries
1 lb. candied pineapple, cut into small pieces
3 c. flour
1 stick butter, room temperature
1½ c. brown sugar
4 eggs
3 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves
1 tsp. salt
3 tsp. sweet milk
½ c. whisky

Preheat oven to 325 degrees. In a large bowl combine nuts, dates, cherries and pineapple. Sift ¾ cup flour over top and stir until well blended. Set aside. In a medium bowl cream butter and brown sugar until fluffy; add eggs, one at a time, mixing well after each egg. Sift in remaining flour, soda, cinnamon, nutmeg, cloves and salt. Stir until well blended. Mix in milk and whisky. Add fruit mixture. Mix well. Drop by teaspoonfuls onto ungreased cooking sheet. Bake 15 to 20 minutes or until golden brown (be careful not to over bake). Cool and store in airtight containers.

Marilyn Hale

GRAHAM CRACKER SANDWICHES

Cookie:

graham crackers
1 c. sugar
1 egg
2 sticks margarine, melted
½ c. milk
1 c. flaked coconut
1 c. chopped pecans
1 c. graham cracker crumbs

Lay out graham crackers on cookie sheet. In a saucepan combine sugar and egg, mixing well, add margarine and milk. Heat until it begins to boil. Remove from heat and add coconut, pecans and crumbs. Pour mixture over graham crackers on cookie sheet. Top with graham crackers to make a sandwich.

Icing:

1 box confectioners sugar
1 stick margarine, softened
4 to 6 Tbsp. milk
1 tsp. vanilla

Cream together sugar and margarine. Add milk and vanilla. Mix until creamy. Top sandwich and chill. Cut into finger size pieces to serve. Colored Icing or candy sprinkles can be added to the top for holiday decorations. Can be frozen.

Janice Parkerson

GRANDMOTHER'S OATMEAL COOKIES

½ c. sugar
½ c. butter or shortening, softened
1 egg
3 Tbsp. buttermilk
1 c. flour
½ tsp. baking soda
½ tsp. baking powder
½ tsp. salt
½ c. raisins
½ c. chopped nuts
½ c. oatmeal

Cream together sugar and butter or shortening. Add egg and buttermilk. Mix well. Blend in flour, soda, baking powder, salt, raisins, nuts and oatmeal. Drop by spoonfuls on a greased cookie sheet. Bake at 350 degrees for about 10 minutes or until crispy.

I know all of the "older" (did I say that?!) Austin descendents remember this recipe. When I was in the fourth grade, Grandmother gave me, for my birthday, a cookie sheet and a sewing box filled with embroidery thread, needles, thimble, scissors, a tatting shuttle and a crochet hook. Together we made oatmeal cookies and she taught me embroidery. She was very dedicated to teaching me to crochet (I learned the chain stitch!) and to tat. The tatting was hilarious! We would sit for a while, me with my tatting shuttle in my right hand moving at the speed of light in and out of the thread, wound precisely (or so I thought) around my left hand, and Grandmother, deftly moving the shuttle around her thread without ever even looking at it. We would talk, she would stop now and then to see how I was doing and in the end she would have the beginnings of a beautiful piece of lace and I would have the biggest mess of knots you've ever seen!! So we'd go back to the kitchen and make more oatmeal cookies. She was a very patient woman.

Nancy Cowan

MRS. FIELDS' CHOCOLATE CHIP COOKIES

2 c. butter (not margarine)
2 c. sugar
2 c. brown sugar
4 eggs
2 tsp. vanilla
4 c. flour
5 c. oatmeal (put small amounts in a blender until it turns to powder. Measure first then blend)
1 tsp. salt
2 tsp. baking powder
2 tsp. baking soda
1 (24 ounce) bag chocolate chips
1 Hershey bar, grated
3 c. chopped nuts

Cream butter and sugars together. Add eggs and vanilla. In a separate bowl blend together flour, oatmeal, salt, baking powder and baking soda. Add to the cream mixture and mix well. Add chocolate chips, Hershey bar and nuts. Make golf ball size cookies and place 2 inches apart on an ungreased cookie sheet. Bake at 375 degrees for 8 minutes. Makes a ton of DELICIOUS cookies. "Mrs. Fields" stated on a national talk show that this was a counterfeit recipe that was circulating. You decide whether or not it's the real thing!

Nancy Cowan

NO BAKE COOKIES (*)

1 c. sugar
½ stick butter
2 Tbsp. cocoa
¼ c. evaporated milk
1½ c. oats
½ tsp. vanilla
½ c. peanut butter

In a saucepan over medium high heat bring to boil sugar, butter, cocoa and milk. Boil for 1 minute and remove from heat. Add oats, peanut butter and vanilla. Mix well. Drop by teaspoonfuls onto wax paper and let cool.

Paula Ladd

OATMEAL CRISPIES

1 c. shortening
1 c. brown sugar
1 c. sugar
2 eggs, well beaten
1½ c. flour
1 tsp. salt
1 tsp. soda
1 tsp. vanilla
½ c. chopped nuts
3 c. quick cooking oats

Cream shortening and sugars. Add eggs, vanilla, oatmeal, flour, salt, soda and nuts. Shape into long rolls. Wrap in wax paper and refrigerate. Slice and bake at 350 degrees for about 10 minutes. You can keep mixture in refrigerator for 1 weeks or more. Do not freeze.

Maysel Tucker & Mary Tumlison

PEANUT BUTTER COOKIES

1 c. peanut butter, smooth or crunchy, room temperature
½ c. butter or margarine, softened
½ c. sugar
½ c. brown sugar, firmly packed
½ tsp. vanilla
1 egg
1½ c. all purpose flour
¾ tsp. soda
½ tsp. baking powder
¼ tsp. salt

Cream peanut butter and butter. Add sugars gradually; cream until light and fluffy. Add vanilla and egg, beating well. In a separate bowl combine flour, soda, baking powder and salt; blend into cream mixture. Chill. Shape dough into 1 inch balls and place about 2 inches apart on an ungreased cookie sheet. Flatten with a fork in crisscross pattern. (Wet fork slightly with water if it sticks to dough) Bake at 375 degrees for 10 to 12 minutes. Do not overcook. Yields about 5 dozen.

Janice, Becky & Karen Parkerson

WASHBOARD COOKIES

2 c. brown sugar
2 eggs
1 c. shortening, melted
1 tsp. vanilla
3½ c. flour, sifted
½ tsp. salt
1 tsp. soda
1 c. chopped nuts
1 c. flaked coconut

Mix eggs and sugar. Add shortening, mix well. Dissolve soda in hot water and mix into sugar mixture. Add flour, salt, vanilla, nuts and coconut. Mix well. Form into small balls and place on ungreased cookie sheet; pressing with fork (if fork sticks to dough dip in water then press). Bake at 375 degrees. Do not overcook!

Chris Mhoon

DATE ROLL (*)

2½ c. sugar
1 c. sweet or Pet milk
1 pkg. dates
2 c. nuts
1 Tbsp. butter

Chop dates and nuts and place in separate containers; set aside. Boil sugar and milk until it reaches soft ball stage. Mix in dates and cook until dates dissolve. Add nuts and butter. Pour onto aluminum foil sprayed with cooking spray and roll it into a roll. (The original recipe says to roll in two wet dish towels.) Refrigerate until chilled.

Mary Ann Mormon

MISCELLANEOUS

FIG PRESERVES (*)

6 lb. peeled figs
12 c. sugar
3 lemons, sliced

Select firm ripe figs. Cut stem off and wash thoroughly. Place in a very large pan and cover with sugar and lemon slices. Let stand overnight. The next morning cook until starts to boil. Turn heat down to simmer. Cook until the figs are tender and juice begins to thicken; being careful to not let stick to bottom of pan. Pack into sterilized jars and seal. Yields about 14 half pints.

Mary Ann Mormon

BANANA PUDDING

3 or 4 bananas
vanilla wafers
1 large box instant vanilla pudding mix
1 can Eagle Brand milk
1½ c. milk
1 tsp. vanilla
1 (8 ounce) carton Cool Whip

Layer vanilla wafers and bananas in bottom of 9 x 13 inch casserole dish. Mix milk and pudding mix; beating 2 minutes with electric mixer. Add Eagle Brand milk and vanilla. Pour over vanilla wafers and bananas. Top with Cool Whip and chill before serving.

Marilyn Hale

HOT FUDGE PUDDING

1 c. self rising flour
1¾ c. sugar, divided
4 Tbsp. cocoa, divided
½ c. milk
2 Tbsp. butter, melted
1 tsp. vanilla extract
1½ c. hot water
pinch of salt

Combing flour, ¾ cup sugar and 2 tablespoons cocoa; stir in milk, butter and vanilla. Pour batter into a 9 inch square baking pan. In a separate bowl combine remaining sugar, remaining cocoa and salt; mix well and sprinkle over batter. Pour water over top; bake at 350 degrees for 30 minutes. Serve warm; top with ice cream or whipped cream if desired. No mixer required. Quick and easy. (THOSE THREE WORDS WE ALL LONG TO HEAR!)

Linda Gilliam

DIVINITY CANDY

Part One:

1 c. sugar
½ c. cold water

Make on a clear sunny day if possible. Divinity does not make well on humid days. In a saucepan cook sugar and water on medium heat until cracks when placed in cold water.

Part Two:

2 c. sugar
1 c. white corn syrup (I use Karo)
1 c. boiling water
1 tsp. vanilla
1 c. chopped nuts
2 egg whites

Cook sugar, syrup and water on medium heat until it threads. Beat egg whites until stiff. Pour sugar mixture over whites and mix well. Pour mixture into part one and beat for 20 minutes. Add vanilla and nuts. Dip by spoonfuls and place on wax paper to cool.

This recipe was always a part of our Christmas. As kids, we were so-o-o-o excited when Aunt Maysel and Grandmother made their Christmas visit. I can still see, as clear as if it were yesterday, Aunt Maysel's blue and white car pulling into our drive. We never knew exactly when they would visit, but we knew for a fact they would come. They would decorate a shoe box with Christmas wrap and aluminum foil and even put a handle on it like a basket, with a ribbon attached to the handle. That handle always impressed me! We converged on the cookies and candies like we were starving. They never lasted long, a couple or three days at the most. Usually the fruitcake cookies were the last to go. You know how kids are about fruitcake! They always brought gifts, too. It's funny, I can't remember what the gifts were, but I'll never forget those "goodie baskets". Every time I see this recipe I'll remember.

Nancy Cowan
Maysel Tucker

PEANUT BRITTLE

1½ c. sugar
½ c. white corn syrup, Karo
¼ c. water
2 c. shelled peanuts
1½ tsp. soda

Cook sugar, syrup, water and peanuts in a heavy sauce pan on high temperature until syrup is at a hard cracked stage when put in cold water. Remove from heat, add soda, stir thoroughly and pour onto a large buttered cookie sheet while still foaming. Cool. Loosen from pan and break into pieces. Store in an airtight container.

This was a special recipe during our childhood. Mama's peanut brittle was a must at every school bake sale and at all of our parties when she was a homeroom mother. At least two of us "volunteered" her for homeroom duties each year. In fact, she had to make, upon request, extra batches for the adults to take home from most parties. Now that I think about it, her peanut brittle probably had a positive effect on our grades. All our teachers loved it! Quite often we would have to take Mr. Hopkins, the Superintendent, a batch of Mama's peanut brittle and a pound or two of hoop cheese from Daddy's store!

Nancy Cowan
Mary Tumlison

POPCORN BALLS

1 small package popcorn
2 c. sugar
1 c. water
½ c. white corn syrup, Karo
½ tsp. salt
½ tsp. soda
1 tsp. vanilla

Pop entire bag of popcorn and sift out and throw away the hard kernels. Put popped corn in a large container and set aside. In a medium saucepan cook the sugar, water and syrup until it forms a good soft ball in cold water. Remove from stove. Add salt, soda and vanilla. Stir well. Quickly pour mixture over popped corn and form into balls, measuring about 3 to 4 inches across. You will have to work quickly before the syrup begins to harden.

No Halloween at the Tumlison household would have been complete without the traditional popcorn balls. All the kids and grandkids still come from miles around for a taste.

Nancy Cowan
Mary Tumlison

SHERRIED PECANS

1½ c. sugar
½ c. Sherry
½ tsp. cinnamon
3 c. pecans

Mix together sugar and Sherry. Cook to a soft ball stage on medium high heat. Remove from heat and stir in cinnamon until mixture is cloudy. Add pecans and mix well. Pour on greased cookie sheet and break apart when cooled. Great Christmas gifts!

Nancy Cowan

STICKIES

6 left over biscuits
1 c. Blackburn syrup
½ c. sugar

Cut each biscuit in half and fry in hot oil until brown. Set aside. Cook on medium high heat, syrup and sugar in an iron skillet to soft ball candy stage. Put fried biscuit halves in syrup and coat each side. Place on greased wax paper. Cool and eat.

This was one of the Tumlison kids' favorite after school snack. Delicious and definitely an experience!

Nancy Cowan
Mary Tumlison

TOFFEE

2 lb. butter or margarine
5 c. sugar
16 oz. semi-sweet chocolate
16 oz. German sweet chocolate
16 oz. nuts, chopped pecans or sliced almonds

Melt and stir butter and sugar over medium heat in a heavy deep pan until sugar is dissolved and mixture begins to boil. Do not stir! Cover pan and let cook 6 minutes over medium heat. Uncover and continue cooking until candy thermometer reads 290 degrees. Pour into an ungreased 15 x 10 x 1 inch jellyroll pan. Refrigerate for 15 minutes. Melt both chocolates in the top of a double boiler over warm water; about 30 minutes. Place nuts on a cookie sheet and bake in 300 degree oven for 5 to 10 minutes, being careful not to burn them. Pour half of chocolate over cooled candy evenly. Sprinkle ½ the nuts over the chocolate and let set. Turn candy over onto a sheet of aluminum foil and spread remaining chocolate on the other side of the candy. Sprinkle remaining nuts over chocolate. When cool, break into pieces. Store in an airtight container. Candy will keep in the refrigerator for 2 months or in the freezer for 4. Delicious! Great for Christmas gifts!

Nancy Cowan

SEVEN MINUTE FROSTING

2 egg whites, unbeaten
1½ c. sugar
2 tsp. white corn syrup, Karo
⅓ c. cold water
dash of salt
1 tsp. vanilla

Place egg whites, sugar, syrup, water and salt in the top boiler of a double boiler. (Not over heat). Beat 1 minute with electric mixer to blend. Place over boiling water and cook, beating constantly until frosting forms stiff peaks (about 7 minutes). Remove from boiling water. Add vanilla. Mix well and frost the top and sides of your favorite 3 layer cake. I use this on a pineapple cake. You can also sprinkle with flaked coconut before frosting sets.

Mary Tumlison

CHOCOLATE SYRUP

½ c. cocoa
2 c. sugar
¼ tsp. vanilla
1 c. water
⅛ tsp. salt

In a saucepan mix cocoa and water stirring until cocoa is dissolved. Stir in sugar and boil 3 minutes. Remove from heat and add salt and vanilla.

Mary Tumlison

OMELET IN A BAG (*)

1 quart sized freezer bag
2 large or extra large eggs
salt and pepper to taste

Fill a large pot with water and bring to boil. Put eggs in freezer bag and squish to mix. Add salt and pepper and desired ingredients, such as cheese, ham, mushrooms, onions, etc. Mix by squishing bag. Seal bag making sure to remove as much of air as possible. Drop bag in boiling water and cook for exactly 13 minutes. Carefully remove bag from water. Open bag and slide omelet onto plate. Serve with salsa or alone. Omelet may also be put in flour tortilla for a breakfast burrito.

Pat Thompson

DRESSING FOR SALAD (GRANDMA USED TO MAKE)

2 Tbsp. warm water
4 pkg. Sweet & Low
3 Tbsp. vinegar
oil to taste
salt & pepper to taste

Dissolve Sweet & Low in warm water. Add vinegar, oil, salt and pepper. Stir and pour over salad. You can add bacon bits if you desire.

Geraldine Parkerson

CHICKEN MARINADE

½ c. soy sauce
½ c. sherry
2 Tbsp. sugar
½ tsp. ginger
1 small pod garlic, minced

Mix soy sauce, sherry, sugar, ginger and garlic together. Marinade chicken or pork for ½ day before grilling.

Ressie Tumlison

ROTEL (*)

1 gal. tomatoes, peeled and chopped
½ c. hot peppers, chopped
2 Tbsp. vinegar
2 Tbsp. sugar
salt

Chop tomatoes and hot peppers; place in a large sauce pan. Add vinegar and sugar and boil for 10 minutes. Put into pint jars; topping with ½ teaspoon salt to each jar and seal. Place in a hot bath for 15 minutes.

Paula Ladd

HOMEMADE MAYONNAISE (*)

1 tsp. salt
1 tsp. sugar
½ tsp. dry mustard
dash of cayenne pepper
2 egg yolks
1½ Tbsp. vinegar
2 c. pure vegetable oil
2 Tbsp. lemon juice

Combine sugar, salt, mustard and cayenne pepper in a deep bowl. Add egg yolks and blend. Add vinegar slowly, stirring constantly. Slowly beat in1/4 cup of oil, a teaspoon at a time, with electric mixer at medium speed. Beat until smooth. Beat in remaining oil a small amount at a time until mixture thickens. Be sure mixture is smooth before making next addition of oil. Stir in lemon juice. Store, covered in refrigerator. Makes 2 cups.

Pat Thompson

HAZEL'S PICKLES (*)

4 to 5 inch cucumber pickles, quartered or very small whole(enough to fill 5 quart jars)
3 qt. water
2 qt. vinegar
1 c. canning salt
onion (cut into quarters or smaller)
garlic cloves (about 15)
5 to 10 jalapeno peppers
dill seed (1 teaspoon for each jar)
powdered alum (1 teaspoon for each jar)
5 quart jars and lids (cleaned and sterilized)

Clean and cut cucumbers into quarters or leave whole. Place in a large container. Cover with ice water and refrigerate overnight or if in a hurry 2 to 3 hours. The next day drain and pat dry. Heat to a boil water, vinegar and salt. Keep boiling. Fill jars with cucumbers. Add 3 slices of onion, 2 to 3 cloves garlic, 1 or 2 peppers, 1 teaspoon alum, 1 teaspoon dill seed to each jar. Pour boiling liquid into each jar covering pickles and spices. Wipe rim and seal (the jars should seal without putting in a hot water bath). Let stand 2 weeks before eating. Makes about 5 quarts. You can use this recipe with okra too.

Mary Ann Mormon & Richard Gwin

SAUSAGE AND MILK GRAVY(*)

1 lb. sausage
3 to 4 Tbsp. flour
2 c. milk

In a skillet brown sausage over medium heat, do not drain. Add flour to sausage and continue to cook until flour is browned. Pour in milk and cook slowly or until gravy thickens. Enjoy with your favorite type of biscuits.

This recipe is an absolute, no questions asked "FAVORITE" food of my daughter's, Kylie Grace. She prefers Cathead biscuits with it.

Katy Gwin

Notes

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Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by ⅓ or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^{*}}{\text{total calories}} \times 100 = \%\ \text{of total calories from fat}$$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat} \times 9}{60 \text{ total calories}} \times 100 = 37\%\ \text{of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

"Heart Healthy" Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES: TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✔	✔	✔
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✔ ✔	✔ ✔	✔ ✔
1 egg	• 2 egg whites • ¼ c. low cholesterol egg substitute	✔ ✔	✔ ✔	✔ ✔
1 c. whole milk	• 1 c. skim milk	✔	✔	✔
1 c. cream	• 1 c. evaporated skim milk	✔	✔	✔
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✔ ✔ ✔	✔ ✔ ✔	✔ ✔ ✔
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✔ ✔	✔ ✔	✔ ✔
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✔ ✔	✔ ✔
1 c. shortening	• 7 fluid oz. vegetable oil		✔	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✔	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✔		
1 can condensed cream soup	• Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water Add the following if desired: ¼ c. chopped celery *or* ½ c. sliced mushrooms Heat to a boil; stir frequently. Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	✔	✔	✔

KEY:
TF = total fat
SF = saturated fat
C = Cholesterol

Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no, without,* and *zero* can also be used.

Calorie-free: less than 5 calories per serving
Sugar-free or Fat-free: less than 0.5g per serving
Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little, few,* and *low source of* can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low,* a *reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer.*

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar.*
The term also carries two other meanings:

- ✦ A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ✦ A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified, enriched,* or *added,* this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- Taste food before salting. Salt food only sparingly at the table.
- Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✔									✔	✔				✔	✔	
Pork				✔					✔						✔		✔
Veal			✔				✔			✔				✔			✔
Ground Meat	✔	✔			✔				✔		✔						
Poultry			✔				✔			✔				✔		✔	
Fish						✔	✔	✔								✔	
Eggs					✔		✔						✔	✔			
Soups/ Stews	✔	✔	✔	✔	✔			✔				✔					✔
Sauces		✔												✔		✔	
Pasta				✔													
Rice		✔					✔					✔					
Popcorn									✔								
Asparagus				✔													
Beets				✔													
Broccoli											✔		✔				
Cabbage				✔				✔									
Carrots			✔	✔													
Cauliflower							✔									✔	
Green Beans								✔			✔						
Lima Beans						✔	✔								✔		
Potatoes										✔					✔		✔
Tomatoes		✔					✔		✔				✔				
Salads				✔		✔						✔					

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard
1 tsp. garlic powder
1½ Tbsp. onion powder
½ Tbsp. ground pepper
½ Tbsp. thyme, crushed
1 tsp. sage
½ tsp. marjoram, crushed
1 Tbsp. paprika
½ tsp. basil, crushed
½ tsp. ground oregano

Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.

FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- ✦ Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- ✦ Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- ✦ Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- ✦ Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

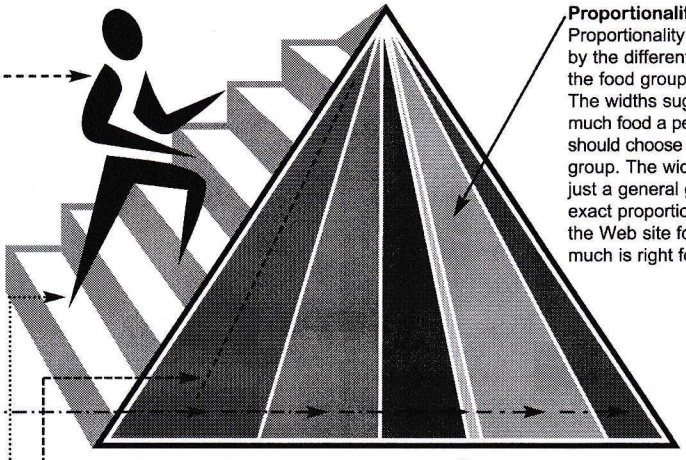
Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.



Proportionality
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions.Check the Web site for how much is right for you.

Activity
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation
Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization
Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Variety
Variety is symbolized by the 6 shaded bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

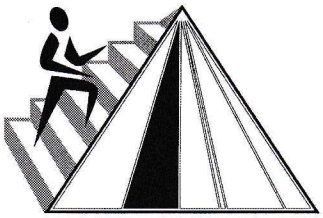
Gradual Improvement
Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

Inside the Pyramid

Grain

Make half your grains whole

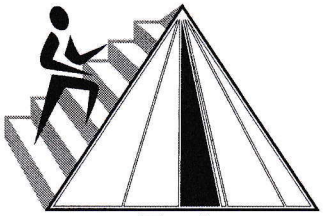
- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day.
- Look for "whole" before the grain name on the list of ingredients.



Vegetable

Vary your veggies

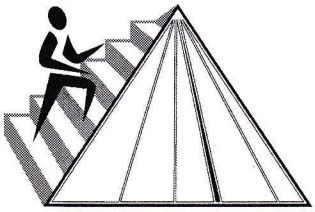
- Eat more dark green veggies
- Eat more orange veggies
- Eat more dry beans and peas



Fruit

Focus on fruits

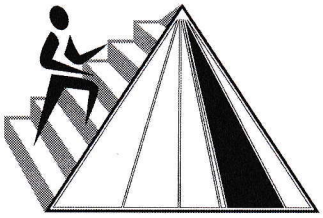
- Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit
- Go easy on fruit juices



Oil

Know your fats

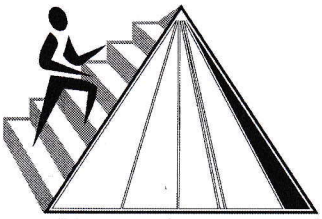
- Make most of your fat sources from fish, nuts, and vegetable oils
- Limit solid fats like butter, stick margarine, shortening, and lard



Milk

Get your calcium-rich foods

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources



Meat & Beans

Go lean on protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your choices – with more fish, beans, peas, nuts, and seeds

Physical Activity *(Find your balance between food and physical activity.)*

- Be physically active for at least 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Understanding the Nutrition Facts Food Label

The ***Nutrition Facts*** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce
mg: milligrams - 1,000mg = 1g
ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The ***Percent of Daily Value*** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven ***Descriptive Terms*** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more,* and *good source.* Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The ***Ingredients List*** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4